A STUDY TO ASSESS THE EFFECTIVENESS OF SURYANAMASKAR ON REDUCTION OF STRESS AMONG B.SC. NURSING STUDENTS AT SELECTED NURSING COLLEGES IN LUCKNOW

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ABSTRACT:

Stress always relates to the imbalance between demand made on us generally from external sources and our capabilities to meet those demands which usually lead to physical, physiological, and psychological consequences. The nursing students are likely to experience more stress than their friends enrolled in other programme. The aim of the study was to assess the effectiveness of Suryanamaskar on reduction of stress among B.Sc. Nursing students at selected nursing colleges in Lucknow. In the study, quasi experimental nonequivalent control group pre test post test design was used and a non-probability convenient sampling technique was adopted to select 55 first year B.Sc. Nursing students, 30 in experimental and 25 in control group. The stress level was measured by using perceived stress scale. Suryanamaskar was administered to experimental group. The data were collected and analysed using descriptive and inferential statistics .Results of the study revealed that, there was significant difference between the mean pre test and post test stress scores which was statistically tested using paired 't' test ('t'=5.57; P<0.05) was found to be significant at 0.05 level of significance. The significance of difference between the post test stress scores among experimental and control group was statistically tested using independent 't' test ('t' =12.68; P, 0.05) was found to be significant at 0.05 level of significance and inferred that the Suryanamaskar was effective in reducing the stress level. The results of the study also revealed that the stress level of the first year B.Sc. Nursing students had no significant association with their selected personal variables. The study was concluded that Suryanamaskar was effective in reducing the stress among nursing students.

KEY WORDS: *Stress, Effectiveness, B.Sc. Nursing students*

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INTRODUCTION:

Stress among the nursing students is acknowledged as one of the most important issues in the modern world. Nursing students are frequently exposed to various stressors which may be directly or indirectly impede their learning and performance. The nature of nursing education faces challenges that may help the nursing students to overcome their stress. Knowledge on student nurse's stress levels, its sources, and stress responses would serve as an important input in identifying and planning effective interventions and strategies to reduce or prevent stress among student nurses which in turn would facilitate their performance and learning both in academic and clinical area.

Stress always relates to the imbalance between demand made on us generally from external sources and our capabilities to meet those demands which usually lead to physical, physiological, and psychological consequences. Suryanamaskar -- its origin lies in the worship of Surya, and is a common type of Hatha yoga asana. This sequence of movements and poses can be practiced on varying levels of awareness, ranging from that physical exercise in varying style which incorporate asana, pranayama and meditation results in overall improvement in cardio respiratory function and physical fitness which improves ones tolerance to stressors.

NEED FOR STUDY

According to National League for Nursing, 2012, annual Survey of Schools of Nursing, 29% of students in 2009, 27% of students in 2010 and 24% of students in 2011 are enrolled in basic RN programs. Nursing students and persons employed in the nursing profession have been identified as a population with an elevated stress level because of the complexity of the nursing program which classified into didactic courses and practicum portion. Stressors for student nurses included adjusting to a rigorous program of theory, long hours of study and pressures of clinical practice. Hence, the researcher has taken much initiation to assess the effectiveness of suryanamaskar on reduction of stress among b.sc. nursing students at selected nursing colleges in lucknow.

OBJECTIVES OF THE STUDY:

1. To assess level of stress among B.Sc. Nursing students.
2. To evaluate the effectiveness of Suryanamaskar in terms of reduction in stress scores among B.Sc. Nursing students.
3. To determine the association between levels of stress among B.Sc. Nursing students with their selected personal variables.

HYPOTHESIS:

The following hypotheses were stated and were tested at 0.05 level of significance.

H_1: The mean post test stress scores of B.Sc. Nursing students who have received Suryanamaskar on reduction of stress will be significantly lower than their mean pre test stress scores.

H_2: There will be significant difference between the mean post test scores of B.Sc. Nursing students among experimental and control group after the intervention of Suryanamaskar.

H_3: There will be significant association between levels of stress among B.Sc. Nursing students with their selected personal variables.

METHODOLOGY:

Research Design: Quasi experimental Non-equivalent control group pre test post test design.

Variables of study:

Independent variable: Practice of Suryanamaskar.

Dependent variable: Stress among first year B.Sc. Nursing students.

Setting of the study: Selected nursing college.

Population: B.Sc. Nursing students in selected college of Nursing.

Sample and sampling: First year B.Sc. Nursing students(55 first year B.Sc. Nursing students were selected with 30 in experimental and 25 in control group).

Sampling technique: Non probability convenience sampling technique.

Sampling criteria

Inclusion criteria:

B.Sc. Nursing students who are:

1. Studying first year B.Sc. Nursing at selected nursing colleges.
2. Students who are willing to participate.

Exclusion criteria:

B.Sc. Nursing students who already knows and practicing Suryanamaskar.

Data collection technique and instrument

The data collection instruments used by the researcher were the following:

1. Proforma for selected personal variables.
2. Perceived stress scale to assess the stress level.

Data collection procedure

Formal administrative permission taken to conduct the study. An informed consent was obtained from the respondents. The samples were selected as per criteria. 55 samples were selected as per sampling technique, 30 students in experimental and 25 students in control group. On day 1, stress level of the first year B.Sc. Nursing students were pre tested through perceived stress scale both in experimental and control group. Then Suryanamaskar was administered to experimental group in daily morning 6am to 7am for 3o days. Next day post test was conducted for both experimental group and control group.

RESULTS:

I. Frequency and percentage distribution of first year B.Sc. Nursing students in experimental and control group according to their selected personal variables.

The findings of the study shows that majority 84% of the samples were belongs to the age group of 18-19years and 76% were belongs to nuclear family. Majority 46% of sample had monthly income between 5001-10,000. Majority of the samples Maximum 80% of the samples had no previous exposure to yoga/ meditation.

II. Description of pre test and post test stress scores of first year B.Sc. Nursing students in experimental and control group.

Findings show that the pretest stress scores ranged from 18-85 in experimental group and 22-71 in control group as against the possible range of 0-160. The mean pre test stress score is 42.16 with a standard deviation of ±3.53 in experimental group and 40.7 with a standard deviation of ±5.08 in control group. The post test stress scores ranged from 8-77 in experimental group and 20-67 in control group as against possible range of 0-160. The mean post test stress score is 29.27 with a standard deviation ±3.04 in experimental group and 39.5 with a standard deviation ±2.73 in control group.

III. Significance of difference between mean pretest stress scores of first year B.Sc. Nursing students among experimental and control group.

To find the significance of difference in mean pre test stress scores among experimental and control group, an independent 't' was computed and obtain the value of independent 't'=0.34, p>0.05 was found to be not significant. Hence it is inferred that there is no significance of difference between pre test stress scores of first year B.Sc. Nursing students among experimental and control group and both the group were started from equivalent base line.

IV. Comparing pre test and post test stress scores

Mean, mean difference, SD difference, standard error and paired't' value for pre test and post test stress scores of first year B.Sc. Nursing students in experimental and control group. To find the significant reduction in stress scores the paired 't' test value was computed and the obtained value of 't' = 5.38 was found to be significant at 0.05 level of significance. In control group the significant reduction in stress scores paired 't' test value was computed and the obtained value of 't'=1.54 found to be not significant at 0.05 level of significance. This indicates that the reduction in stress score was not by chance, the B.Sc. Nursing students who had undergone Suryanamaskar, had reduction in stress.

V. Significance of difference between mean post test stress scores of first year B.Sc. Nursing students among experimental and control group.

To find the significance of reduction in stress an independent 't' test value was computed and obtained value of t=12.68 was found to be significant at 0.05 level of significance. Hence it was inferred that Suryanamaskar was effective in reducing stress among first year B.Sc. Nursing students.

VI. Findings related to association of the level of stress among B.Sc. Nursing students with their selected personal variables.

Association between level of stress and selected personal variable were found to be not significant at 0.05 levels of significance. Hence it is noted that, no personal variables had influenced on their level of stress.

RECOMMENTATIONS:

1. Large scale study can be conducted to generalize the findings
2. A similar study can be conducted by adopting true experimental design.
3. A study can be conducted on various stress reduction technique on reduction of stress nursing among B.Sc. Nursing students.
4. Similar study can be replicated for students in other professions.

CONCLUSION:

The findings impacted that Surynamaskar will helpful in reducing stress among BSc. Nursing students. In the present study, first year B.Sc. Nursing students experience mild to moderate level of stress. Hence the Nursing colleges should give importance to Surynamaskar in the curriculum for reducing the stress among nursing students.

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